

REQUESTS

Elements of an effective request:

- Positive
- Specific
- Actionable
- Invites a response

What makes a request more likely to be met:

- ★ Speaker is open to hearing a “no” in response
- ★ The request is grounded in an understanding of underlying needs
- ★ The request is framed with relevant observations, feelings, and needs

Helpful phrases to use to make a request:

- “Would you enjoy...?”
- “Would it work for you to...?”
- “Would you be willing to...?”
- “How would it be for you to...?”
- “Are you open to/up for...?”
- “How would it feel imagining X?”

Common pitfalls in making requests:

- Just sharing a **need** instead of actually making a request (e.g. “I need support,” or “I’m wanting love.”)
- Sharing a **wish** or **intention** instead of making a request (e.g. “I’d like us to communicate better,” or “I wish you would be nicer to me.”)
- Making a **demand** using request language (the words may be “request language,” but the tone/energy of the speaker is one of a demand and the speaker isn’t open to hearing a “no,” in response)

Note: We do not want to continue a culture of mind reading. What would you love hearing or seeing you or someone else do? Requests are always a question.

Connection Requests

Connection requests are present moment requests that help build connection and shared reality during conversations.

Examples:

- ❖ “Would you be willing to let me know what you heard me say?”
- ❖ “Would you summarize the gist of what you heard me say?”
- ❖ “How is that for you to hear?”
- ❖ “How are you feeling after hearing what I just said?”

Practice Forming Requests

Practice translating these statements into effective requests:

1. I wish you wouldn't spend so much time at work.
2. I need you to start picking up after yourself.
3. I miss you and wish we hung out more.
4. I feel like you should invest more in this relationship.
5. I want to get healthier (hint: make a self-request).
6. I'd appreciate it if you did something nice for me from time to time.

Take Home Request

1. What's a need (or needs) in your life that need(s) attention?
2. What's a request you can make of yourself or another to meet this need?